

Virtual Confirmation Retreat for families and/or Sponsor at St. Francis de Sales

Gathering Prayer

Pray the following prayer (silently or aloud) asking the Holy Spirit to be with you and guide your thoughts and words during this time:

Come, Holy Spirit, fill the hearts of your faithful and kindle in us the fire of your love. Send forth your Spirit and we shall be created, and we shall renew the face of the earth. O God, who by the light of the Holy Spirit, instruct the hearts of the faithful, grant that, by the same spirit we may be truly wise and ever enjoy His peace.

Amen.

Thinking about Confirmation

As you are preparing to celebrate the Sacrament of Confirmation, how do you feel? What are you hoping for or looking forward to as you celebrate the Sacrament of Confirmation?

Gifts of the Holy Spirit

Watch the following video on YouTube:

[Gifts of the Holy Spirit - YouTube](#)

1. List the Gifts of the Holy Spirit.
2. Where do you see others living the gifts of the Holy Spirit? What does this look like?
3. Think about the person you have chosen (or may possibly choose) as your sponsor. How does that person live out the gifts of the Holy Spirit?
4. What gift of the Holy Spirit do you see most strongly in yourself? When and how?
5. What gift of the Holy Spirit do you most need/want to have strengthened in the Sacrament of Confirmation?

Obstacles/need for God's grace on the journey.

Watch following video on YouTube:

[NOOMA Lump - 010 Rob Bell - YouTube](#) (a good one on God's mercy)

1. What from your past (or present) is an obstacle in your relationship with God?
2. What do you need from God to begin moving past this obstacle? As you pray the prayer at the end of this section, ask God to bless you with this grace.

When you are able, celebrate the Sacrament of Reconciliation and ask God for the gift of His mercy to heal and strengthen you on the journey. Pray the following prayer for mercy together:

*Faithful Father, thank you that your word revives my soul, gives wisdom to my mind and produces joy in my heart. Restore my relationships that have been damaged by sin. When I have sinned against others, help me to repent and seek forgiveness. When others have sinned against me, help me to forgive just as I have been forgiven by you. May the Lord Jesus Christ, who loved me and gave me eternal comfort and good hope through grace, comfort my heart and establish me in every good thought, word, and deed.
Through Jesus Christ our Lord, Amen.*

Prayer and my relationship with God

Watch the following:

Wrestling with God <https://youtu.be/6I2CiqaaW0E>

Do you find yourself wrestling with God over situations in your life? Examples?
Do you feel God is someone you have to bribe to "give you what you need"?

Watch the following videos...start with the Skinny on prayer. After both of them, discuss the questions

[The Skinny on Prayer - Bing video](#)[Tips for Praying - YouTube](#) (this is a funny approach to prayer)

[Tips for Praying - YouTube](#) (Fr Mike Schmitz)

What is your idea of prayer?

Is it difficult or easy to Pray?

What image of God do you have that might affect your prayer life?

Discipleship/Living the faith

Watch the following video on YouTube:

[008 DUST - Rob Bell - NOOMA - YouTube](#)

1. What from Rob Bell's story about the Rabbi stuck out to you? Why?
2. Rob Bell tells us that Jesus chose those who were NOT the best of the best to follow him. How does that make you feel about being chosen to follow Jesus?
3. In the video, it is shared that Peter took his eyes off Jesus and began to sink in the water. This was not so much because Peter did not have faith in Jesus, but rather, Peter did not have faith in himself to follow Jesus. What gifts has God given you? What skills or talent has He blessed you with? How can this help you to trust in yourself and to better follow Jesus?
4. How is Jesus asking you to go deeper in your relationship with him? Who do you turn to for help in making life choices? Why do you turn to this person?

Sending Forth

Take a minute or two of silence to think back through the activities.

Bring to mind where God spoke to you today?

Then, take a moment to listen to the following song as closing prayer.

[Show Us the Way - YouTube](#)

Holy Spirit, Holy Spirit, Holy Spirit Come!

